

Drug Abuse: A Growing threat to Pakistan's Young Generation

Outline

Introduction

- a Background
- b Definition
- c Thesis Statement

Due to demographic changes such as youth bulge, Pakistan's young generation is more prone to the threat of drug abuse owing to biological, social, environmental, developmental, and psychological factors.

Body

- 1 Biological & psychological factors
 - a Genetics and neurochemistry
 - b depression, trauma and anxiety
- 2 Social, Environmental and developmental factors
 - a Peer pressure
 - b Family and community
 - c Experimental use
- 3 History of Drug Abuse in Pakistan
 - a Soviet invasion of Afghanistan

b Legacies of Cold War era
c Poverty and unemployment is at record high.

d Youth; Asset or liability

4 Effects of Drug Abuse

a physical impacts

b behavioural impacts

c financial burden

d 700 die everyday from drug overdose

5 How to save youth from the menace of drug abuse

a- role of Anti-Narcotics Force

b- strict pharmaceutical drug sale regulations

c- role of parents.

d- Family education and support programs

e- rehabilitation services.

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Closing remarks

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Out of scores of issues that Pakistan's youth is facing today, one is drug abuse. While dealing with issues such as poverty, unemployment, lack of education, peer pressure and mental stress, young people tend to find escape in different things. In order to relax and forget their issues some people choose to read, some listen to music and pursue other healthy hobbies while the unfortunate ones end up doing drugs. Drug Abuse is the use of chemicals that create pleasurable effect on brain precisely, "ecstasy". These chemicals are usually illegal and harmful. The amount ^{of drugs} and methods through which drug abusers consume these chemicals adds to their harmful effects. According to World Health Organization Drug abuse or substance abuse refers to the harmful or hazardous use of psychoactive

substances including alcohol and illicit drugs. It affects the brain and body of abuser in such a way the he/she cannot lead a normal life. In Pakistan, an estimated 7 million people are drug abusers and the number is increasing by 50,000 each year. Due to youth bulge and other demographic changes, Pakistan's young generation is more prone to this threat ~~own~~ owing to multiple factors such as social, biological, environmental, developmental and psychological.

Biological aspects such as genetics and neurochemistry play a pivotal role in making people prone to drug abuse. Genetics can contribute to higher inclination towards drugs and neurotransmitters will impact the person's response to drugs. People with psychological conditions such as depression, anxiety, post traumatic stress disorder and bipolar disorder tend to use drugs as a form of escape from their thoughts. This self medication

leads to further substance abuse and then addiction.

Social factors such as drug culture, peer pressure and desire to fit in also lures young people towards drug abuse - people start doing drugs because they want to conform to trends and norms - Environment factors such as presence of drug abusers in family and community, drug-friendly environment and availability of drugs can also lead to drug abuse. Often drug abuse starts with experimental use of recreational drugs in social settings such as friend's group during adolescence and young adulthood. As time passes this recreational use becomes frequent and one needs larger doses of drugs to get high and soon enough they addicts need drugs just to feel normal. All these factors are present in Pakistani community that lead to drug addiction among Pakistani youth.

Pakistan has never been alien to the concept of drug abuse but it skyrocketed after the soviet invasion of Afghanistan. Among the painful legacies of Klashnikov culture and refugee influx that Pakistan inherited as a result of participating in cold war, opium is also one of those legacies. Cross border infiltration from Afghanistan border helps terrorist groups maintain their cash-inflows through drugs because Afghanistan is one of the largest producer of opium. Thus drugs are one of the biggest source of revenue for Taliban. Apart from destroying the youth of Pakistan these drugs also pose severe non-traditional security threats to Pakistan. It is youth actually that stands at a critical point. According to World Bank report poverty is at 44% in Pakistan and according to UNDP report Pakistan Economic Survey 2023-24

4.5 million individuals are unemployed with youth aged 15-24 having the unemployment rate of 11.1%. - Thus, 29% of young population between the age of 15-29, according to UNDP report stands at crossroads and Pakistan has not much to offer them. This leads them towards drugs and crimes. Youth which is an ~~sup~~ asset of any country and is supposed to ~~be~~ be the agent of change and growth, in our case it has rather become a liability.

Drugs impact a person in every possible way be it physical, emotional, behavioural or financial - Drugs impact a person's health in worst possible ways such as respiratory problems, cardiovascular problems, insomnia and emotional dysfunction. Crimes such as robbery, kidnapping and rape are directly related to people who stay under the influence of drugs. Apart from

all this drugs put a restraint
on the pocket of abuser
because they are very expensive.
Pakistani youth is being
impacted by drugs in all
the aforementioned ways.

700 people die everyday in
Pakistan due to drug abuse
and 1.4 million people die
annually from being infected
by **HIV** ~~which~~ and ~~drug~~ ^{unhygienic}
injection practices
are mainly responsible for
that - we need to save our
youth from these appalling
repercussions of drug abuse.

In Pakistan Anti-Narcotics
force is there in place but
~~it~~ it needs to ~~active~~ play
its role more actively to
eradicate this menace of drugs
from Pakistani society. ~~Phar~~
Pharmaceutical drug sale regulations
need to be more strict
and more importantly they need
to be acted upon by severe
law and order conditions.

Parental supervision can play a great role in prohibiting young people from falling in this endless loop of drugs. Emotional support from parents can help kids when they are dealing with something difficult at any point in their life and it can help in avoiding drugs. Once someone has fallen prey to the menace of drug addiction, family education and support programs can help and educate parents and family members on how to deal with drug addict. Last but not the least rehabilitation services can play an important role in bringing drug addicts back to life.

To sum it up, Drug addiction is a serious threat to the young generation of Pakistan. Youth which is supposed to be the driver of economy and harbour change is facing this serious threat.

horrible threat which can destroy the social fabric of country. Every individual can play their part to counter this threat by raising awareness through social media platforms. Most importantly by being kind to people who are going through challenging times, by talking to them and helping them is every possible way. Removing taboo ~~and~~ which is associated ~~with~~ and we need to break taboos and see drug addicts as patients ~~with~~ with whom life was unfair. Only then we will be able to move past this menace as a society and as a country.
